

She continued to describe how apathy leads to a loss of participation and interest in democracy. Valerie then told how ignorance has caused even greater problems than apathy. She said she feels American society is devaluing virtues such as ambition, leadership and heroism, and that Americans are losing their uniquely American character, their sense of nationality and their spirit of patriotism.

There are lessons in her speech the entire nation could learn from. Valerie demonstrated the ambition and intelligence needed for success now and in the future. Valerie finished her speech by imploring all of us to strive to put meaning back into the Pledge of Allegiance. I submit the text of her script for the CONGRESSIONAL RECORD.

Mr. Speaker, I thank the VFW for sponsoring the "Voice of Democracy" contest and I ask that we recognize Valerie Sandefur for her achievement by striving to do what she has—put meaning back into the Pledge of Allegiance.

"MY SERVICE TO AMERICA"—1998-99 VFW VOICE OF DEMOCRACY SCHOLARSHIP COMPETITION

(By New Mexico Winner, Valerie Sandefur)

I pledge allegiance to the flag of the United States of America, and to the republic for which it stands . . . and that's about where I forgot. I was in middle school. Actually it was more like the middle of a muddle. But I was not alone. When asked many students couldn't remember these sacred words, and more significantly they, like most of America didn't understand the true meaning of what they recited each morning. I've heard many of my friends ask—what's the point of learning this 'stuff'? For me the answer found is that who we are as a society is based on what they call 'stuff'. What I call history. And the history lesson for today is that we are no longer a nation indivisible, we are increasingly a nation invisible. Therefore, my service to America is to put the meaning back into the pledge of allegiance, and to create again the idea of 'one nation'. However, there are two challenges to regaining our allegiance—apathy and ignorance.

Let us first consider apathy. It is the constitutional right of every citizen over the age of 18 to vote. Yet, in the 1996 presidential elections apathy paralyzed roughly 50% of registered voters. Politicians struggled to recapture the public's fading attention. They failed. As Christopher Hitchens wrote for The Nation magazine it was really a case of the Blind leading the Dumb. Presidential candidates spend \$138 million dollars on a public that in many cases, didn't even care enough to show up. . . .

But it's not just lack of attendance at the pools that demonstrates our growing apathy. The education of our children has become a diluted and narrow stream that too often focuses on the 'real world' of MTV rather than the lessons of the world of the past. Many classrooms no longer have an American flag, and we have stopped teaching the words to the national anthem. In fact at a World Series game this year, Tony Bennett chose not to sing the national anthem. . . . And no one seemed to care. It seems that Mr. Bennett left not only his heart in San Francisco but also his patriotism.

But apathy is not the only challenge to our allegiance, my service to America includes confronting ignorance in myself and others. Consider a recent political cartoon in the Washington Post. The first part of this two-fold cartoon shows a young impressionable

child in 1958 wearing a cowboy hat and glasses. He fondly dreams about the famous singing cowboy Roy Rogers, who stood for respect, honesty and goodness, sitting of course upon his trustworthy horse, Trigger. The second part of this cartoon shows another young and impressionable child in 1998 with a nose-ring and his baseball cap on sideways. In his ignorance, the child of 1998 thinks of Roy Rogers as the fast food chain out east, not as the great American hero. Oh, and when it comes to 'Trigger' all he can think of is the next drive-by shooting.

Now it seems the creator of this cartoon has captured the essence of what makes my service to America so important. For young people like this poster-boy of 1998—nationalism has been replaced by an individualism that is self-indulgent. Too many of my peers remain blissfully ignorant of what their allegiance to America really means. An allegiance that requires an informed electorate. But more and more we are less and less informed. One survey revealed that a 1/3 of all college students firmly believed in ghosts, Atlantis, flying saucers, and yes even Big Foot.

Similarly on a quiz of general knowledge, answers came back saying that the Great Gatsby was a magician in the 1930's, and that Socrates was an American Indian Chieftain.

While this ignorance might seem some what amusing at first, Gertrude Himmelfarb, a writer for Commentary magazine, argues that this society, which is devaluing virtues like ambition, leadership and heroism, is in danger of losing the character of the people and their sense of nationality and spirit of patriotism. But there is still hope for the future . . . and it begins with my service to America. And with your service. And with the service of every American. We are all responsible for reducing the ignorance and apathy that challenge our "nation indivisible". If we are to make the pledge of allegiance meaningful, then we must give full meaning to every word. And that's my service, my pledge of allegiance, my pledge to America. A pledge worth remembering.

#### FOLIC ACID PROMOTION AND BIRTH DEFECTS PREVENTION ACT OF 1999

HON. LUCILLE ROYBAL-ALLARD

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 22, 1999

Ms. ROYBAL-ALLARD. Mr. Speaker, today, I, along with my colleague Congresswoman JO ANN EMERSON, am introducing the Folic Acid Promotion and Birth Defects Prevention Act of 1999. This bipartisan bill, with 102 Democratic and Republican original cosponsors, is being introduced in the Senate by Senators ABRAHAM, KOHL, and BOND.

The Folic Acid Promotion and Birth Defects Prevention Act of 1999 will provide for a national folic acid education program to prevent birth defects.

Each year an estimated 2,500 babies are born in the United States with serious birth defects of the brain and spine, called neural tube defects. These neural tube defects cause crippling lifelong physical disabilities and at times, even death.

However, up to 70 percent of neural tube defects could be prevented if women of child-

bearing age consumed 400 micrograms of folic acid daily. That means women need to eat a healthy diet and take a daily multivitamin. It's that simple.

Women need to be taking folic acid before and during their first trimester of pregnancy because these neural tube defects occur very early in pregnancy, before most women know that they are pregnant and because roughly 50 percent of all pregnancies in the United States are unplanned.

The problem is that the majority of women are not aware of the benefits of folic acid. A 1997 March of Dimes national survey found that only 30 percent of women take a multivitamin with folic acid before pregnancy. There is an urgent need to teach women about the importance of increasing their consumption of folic acid by taking a daily vitamin pill, eating more fortified cereal grain products, and eating food naturally rich in folic acid.

Nationwide, Hispanic women have the highest rates of neural tube defects. In fact, in my home State of California, Hispanic mothers have the highest number of cases of neural tube defects than any other racial group and Mexican-born mothers have twice the risk of having babies with neural tube defects compared to United States-born mothers.

The Folic Acid Promotion and Birth Defects Prevention Act of 1999 will amend the Public Health Service Act to provide for a national folic acid education program to prevent birth defects. This bill authorizes the Centers for Disease Control and Prevention, in partnership with states and local public and private entities, to launch an education and public awareness campaign, conduct research to identify effective strategies for increasing folic acid consumption by women of reproductive capacity, and evaluate the effectiveness of these strategies.

The Folic Acid Promotion and Birth Defects Prevention Act of 1999 is supported by leading health organization, including the March of Dimes Association of Women's Health, Obstetric and Neonatal Nurses, National Association of Pediatric Nurse Associates and Practitioners, Council for Responsible Nutrition, American Association of University Affiliated Programs for Persons with Developmental Disabilities, American College of Obstetricians and Gynecologists, American College of Nurse-Midwives, American Public Health Association, Council of Women's and Infants' Specialty Hospitals, Easter Seals, National Association of County and City Health Officials, National Women's Health Network, and the Spina Bifida Association of America.

I would like to recognize the March of Dimes, the National Council on Folic Acid and the Centers for Disease Control and Prevention for their leadership and steadfast commitment to this issue. I would especially like to thank Jody Adams and here daughter, the March of Dimes Ambassador Kelsey Adams, for their hard work in publicizing this simple, yet highly effective, prevention strategy.

Finally, I would like to thank my colleagues, Congresswoman JO ANN EMERSON, as well as Senators ABRAHAM, KOHL, and BOND for their hard work in raising awareness about this vitally important issue. By getting the message out, we can help families across the country have healthy babies and save the lives of thousands of babies each year.